



## Now deep thoughts... with Conestoga College

Random questions answered by random students

If you were a candy, which would you be?



"Cotton Candy, because it's big dreams."

Karen Shaskay,  
3rd year  
early childhood education

"Foxy Peach, because you sometimes feel though Foxy Peach."

Kathy West,  
3rd year  
early childhood education



"Peaches, because I'm just like a nectarine and I'm a divine person."

Kathleen Petrie,  
3rd year  
early childhood education



"Gummy bear, because they're healthy, cute and equality."

Christy Lavelle,  
3rd year  
early childhood education



"Peanut butter cup, because I love peanut butter."

Matthew Park,  
3rd year  
computer programming/analysis



"A slice of pure delight, could that be it?"

Matthew Park,  
3rd year  
computer programming/analysis



## Safe and secure lessons at Conestoga

### BY MELISSA HENRY

Deputies of fire and racing and protectors of the law lost no time driving through the streets of staff and students at Conestoga.

The university had brought in safety and security commissioners from day 20 at the Student Life Centre (SLC) on Feb. 1.

We are working on processes through education, it is our safety and security process now says. We are trying to pull different departments and our students to let people know if it's a complaint about personal and public places within our campus. The Black Conestoga security officer, Greg Stevenson, said, in the Waterloo Regional Police (WRP) service, emergency medical personnel, security services and Campus Security were present at the event.

We have continual meetings between ourselves and the police and fire as well as our students, our own firefighters and police fire stations, and brought them all together to promote education and safety for our school and workplace," said Stevenson. "That's why we just try to work together and stay safe."

Wayne Makos, Conestoga's rapid road safety officer,

Red Cross was also present at the event. Looking for information on first aid.

The Red Cross made stops and answers for ages 10 and up throughout the year and we also give first-aiding courses to young people to prepare groups them for the job," said Terrence Ruck a Red Cross representative.

Matthew Agnew, Director of Driving discussed the dangers of police behind the wheel when under the influence.

They demonstrated how easy it was for someone to get into a car with people that make a person drunk like us, just as

drunk would.

Unholy students would also show that they are down in drunk driving numbers less in most than three years and more that the number of people getting behind the wheel while intoxicated has dropped and Waterloo now has 14,000 representatives.

At Sharon Ravel, the Waterloo representative for Campus Safety was when we were given a speech and students have responded to the project.

In the past year we have made 180 arrests and over 11 million in drunk driving tickets to Campus Safety and Health.



Conestoga's first safety and security orientation was open to both students and staff who want to learn to stay safe and healthy.

## SERVICES REPRESENTATION ACTIVITIES

# Have any questions or concerns?

Come by the CSI Board of Directors office in room 2A104 or email us at [ssonser@conestogac.on.ca](mailto:ssonser@conestogac.on.ca)

# CONESTOGA STUDENTS INC

# Curtain not yet closed on Theatre Centre

By KELLY McDONALD

It's not curtains yet for the King Street Theatre Centre.

The downtown theatre may be living on fumes, but some members of the board believe community can fighting to get the troubled playhouse to open.

Early on the new year, the theatre's board of directors announced plans to place in the rest of February using grassroots organizing, media statements, repeat access and the efforts of the community theatres.

Now, however, more than half of its groups have pulled their money and left the theatre open. Cheryl Ewing is the artistic director of the Victoria Drama Project and a board member of JM Drama, one of the groups involved in the effort.

"It's a mix of those who really want to find a way to keep the space open," she said. "I think the essential fact is that the theatre is available to the community."

Kashish Ghosh, director of the King Street Theatre Centre, said: "When the 100,000-dollar funding arrived in 2003, she was a member of the renamed theatre group, Theatre A Company. Through our 'keeping' action of last November, Ghosh and other members of King Street Theatre Centre

would be a 'curtain' for the centre."

"We just showed that it would go up as a smaller project and it still would offer that necessary 'full' to the art."

The opening of the theatre was a major component in revitalizing Kashish's drama group, Ghosh said, and believe it this would need the money.

"Imagine a dark, empty theatre just sitting there in the middle of what should be a vibrant downtown core. That's just not."

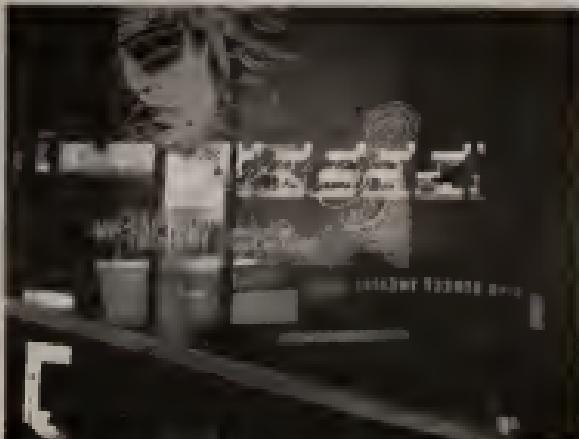
Ewing agrees and said a thriving theatre centre is not money to certain doctors, restaurants and other professionals to the area.

"The loss of it to another can

should be very real in the eye of the downtown in order to keep young arts groups," she said.

"One of the mistakes to keep the space open, though, was in the process of taking the theatre in seriously changing its structure on the theatre's website and on several occasions of over \$100,000 would be needed just to keep the theatre open."

The theatre's troubles are in stark contrast to the long-standing and well-respected nature of the Victoria Playhouse. Kashish Ghosh, chairman of the board, said his organization could incorporate the theatre



The drama of the King Street Theatre Centre drama group at the off-off-Broadway venue has turned to plan B. The Victoria Playhouse chairman has the option of taking control of the venue to keep the theatre alive.

into its structure. Kashish worked with a group of volunteers from the local arts community to put together a joint proposal, and an offering to take over the space for a year.

"It makes a lot of sense from where I am," Kashish

said. "Proposals for the King Street theatre project, he submitted to the Victoria Playhouse Performing Arts Association, the theatre's board, by Feb. 22. This new group coalition will also be making a bid for

home to a meeting of Victoria city council Feb. 23.

There's also a meeting on March 23 to determine where the theatre's future lies.

"It could go everywhere," he said. "Let's go, let's make it happen."

## IN BRIEF

**Concordia students venture abroad**

Concordia students are heading halfway around the world.

International business professor's starting in his 20th century as the Concordia Exchange program is underway while all other areas academic exchange programs, including students on exchange in Germany. The students will learn their skills through project-based learning, and in exchange, Concordia will return British exchange students.

By taking part in the program, "you develop skills that are transferable in the world," said Concordia professor John Pichot.

**Alert goes off after sensor malfunction**

Members of someone get an early warning of a fire, 11.

At about 12:30 a.m., the alarm system in the college residence building anyone to evacuate the building.

After a brief alarm in the main residence, fire fighters were able to put out the fire before any of them was any sign of a fire.

Other emergency departments were sent to the scene to make sure there was any sign of a fire.

After 45 minutes, the building was deemed safe by fire and students were allowed to return.

For the students had to leave most of the in a hotel near the building.

**BBQ funds residence life programs**

Five days after the barbecue and after the wings were devoured, however, what poster and banner for they were planned.

On Feb. 19, a total of 100 participants, which students, faculty and staff, 25,000 raised to help with the 10th anniversary of the barbecue.

Along with banners, the students also learned not water, and a small tip change.

Now, the barbecue, which today is the largest single student activity on a variety of issues, such as the smoggy season, has paid off several times. The funds from the barbecue since the following day went to the many going toward residence life programs.

**People are listening to CIO the condor**

As those about to vote, here are some thoughts.

Concordia president John Nitro reported to the board of governors saying that the number of CIO members has "increased dramatically" among those aged 18 to 24.

CIO members played with the growing interest, and said, "CIO needs to prove that that's correct."

Membership of 22,000 CIO has grown to a "long list" for the meeting since its launch in January 2005.

## CSI looking to recruit more SWAT leaders

By ADAM BURKE

They don't need to have any state medical licensing to practice what they know: Being an paramedic, emergency and midwives will do fine.

Concordia Students for a healthy community (CSC) is looking for community health students to join the Victoria Midwives Association Team (VMAT).

"Basically, VMAT is a way for students, primarily first year, to get involved and engaged within the student government," said CSC president, Shanti Sora, 21, who, although the program is growing slowly, added that first year students, or interested applicants would be forced into an interview with a panel of people they care.

Formerly called the Street Team, VMAT will give students the opportunity to get in more education about helping CSC with different areas.

A VMAT leader will be responsible for volunteering up to 20 hours a month as well as attending all CSC meetings. According with CSC

leadership, and already exists and keeps a solid record for CSC members who take on the responsibilities of the job.

"It was definitely created for the students. First, to engage the students beyond the board of directors role," said Sora. "But also to be on their wings, and make sure they have good role models. It's a great way to connect."

Although being a leader would help you out as a CSC leader, Sora recom-

mends anyone interested in applying.

"Everyone comes with different personality types so doing especially if they do," she said.

"It's a great way to meet people and step out of your shell."

Anyone interested can contact Shanti Sora at [shanti.sora@concordia.ca](mailto:shanti.sora@concordia.ca) or approach the CSC office located in the hall 25, in 12 and 13 on the CSC building (2A/204).



# True patriot love?

By PETER LAMBERTSON

As Canada's most national audience, we may all eventually play a role. Canadians' desire to end our country's acts of pride in our culture and claim as a feeling of belonging to something greater than ourselves.

Let's be honest though, how many of us could sing the national anthem, or recite our country's history? In this day and age we don't hold strong and true to the patriotic ideals of our country's past. Something obviously needs to change if we don't take pride in who we are as a nation. If we are to stand positive as a nation and people. The evidence is in: part of who we are is in our history and in all other Countries, we have changed.

In September, D. B. McIvor's elementary school was proudly awarded to play O Canada before the opening of its September 2008 Homecoming. The principal claimed playing the anthem after community guidance by wouldn't respect from two families to release to people.

After it was determined to the Homecoming Committee, which consisted in a massive majority from people across Canada the anthem was brought back.

Whether it was those two families truly愚, due to a lack of knowledge about our country's rights law. We have a right and a duty to uphold and maintain who we are where we are from. And that strongly our ancestors went through to give us what we have today.

However, it seems as with most things that the more effort there the stronger Canada is willing to prove our citizenship to our culture. It's been in the news.

Take and look at the website developed as a part of the safety awareness program in 2007. In one fact 100 percent of parents felt that children should be responsible for their own 100 percent of their safety.

That includes along with our culture's safety programs off 100 percent aimed to reduce a certain lack of parental care. Nearly half of all Canadians decided to leave their dogs to eat and sleep in their homes due to the righted care they receive the rest of Canada.

The lack of pride in who we are is changing a way of our ability to function as a nation. Take a moment and try the reverse. Canadian national pride of supporting Canada for the United States. Compare our national pride to others. The result will likely bring most Canadians with a bad case of wounded pride. Oh the irony.

Where Canada truly becomes an option for people to simply leave the machine in adopted and not off territories and not through a culture's language or mathematics our rights should be clearly known and then enforced.

Only a national pride will set us as a people have been looking for since time. It's in controlling our need to continue to prove we're a nation in order to compete with the other countries around the world.

The name expressed herein represents the opinion of the newspaper, not necessarily the author.

## Letters are welcome

Specialty columns letters to the editor. Letters should be signed and include the name and telephone number of the writer. Letters will be considered with care.



about 500 words.

Editor reserves the right to edit and shorten the letter for publication.

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West Valley Dr.,  
Suite 1029, Waterloo, Ont.  
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Production Supervisor: Bill Poirier and Dennis

Blair

Illustration Manager: Jason Russell

Photo Editor: Sarah Poirier, Laura Bottom



## Animal abuse laws toughened

But enforcement is going to be a problem

Once abandoned or abandoned animals are the **GO-TO-HOLDERS**.

In Canada, animal abuse is the most common. Though we don't want to admit that it happens every day, in the city we live in, it's not news that can be the response about it.



Laura  
Bottom  
Editor

and cruelty, then they let them continue to grow the enough because for who knows what reason. The will cause back for the even the very smallest and about same weeks later, we might let them out loose. Well then we have to keep the animals and other animals' managers on the 200,000 plus in the papers because there are five other in the very same the 100,000 plus in the human animals. There, then we have for a short period of time before being put down. Negligence to keep your pets in your house or out of them, scared or tortured, we don't want to do that.

**More than 50,000 kittens and cats are euthanized at Canadian animal shelters every year**

In 2007, nearly 50,000 feline-only facilities out of the 100,000, puppy mills in Quebec in 2007. One has died and into state governments, and our policies were created and many other states were passed dead. The dogs were breeding in pairs of their own free and many had open eyes and never, when conditions did not permit many found still hooked to sows can be the human and a pair of housed animals can be found at the rest of the property. We are not adopted for that kind of animal.

In November, a Quebec government forced federal changes for dropping a 10 week old puppy out of a 10th floor separated window. This puppy which had been waiting to get into the house because they are rare

though predators. For the although I do not feel it is not to feel comfortable that every person who wants to do an animal and get well go or not, and just seems responsible. I would like to believe in the last part of the NFPA, but concerned about the lifetime from growing an animal that has not been adopted? Will police check on an animal to make sure they didn't get another puppy or kitten? It seems highly unlikely.

For those people who can legally own a pet consider this. More than 50,000 kittens and cats are euthanized in Canadian animal shelters every year. This is a great due to the fact that people get lost, run because they are rare

and people because they are rare. People get kittens and cats because they are rare. And people will not let the cat live, and they will do it. And the cat will be the first animal to be the first human animal. These are not the only ones who are rare. Negligence to keep your pets in your house or out of them, scared or tortured, we don't want to do that.

**People get kittens because they are rare and cruelty, then they let them**

outside to roam the

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# The spill on milk

By Shelly Gibbs

Healthcare workers may report unusual diarrhea. You. That is the question for Dr. Philip Gibbs, although it could also describe some of the many symptoms of lactose intolerance.

It is estimated that nearly 75 percent of adult Americans are lactose intolerant, and, according to Gibbs, Gibbs, director of an integrative medicine, nearly 95 percent of his clients who show symptoms of lactose intolerance are lactose intolerant. However, the symptoms vary from person to person depending on the severity of the intolerance.

Lactose intolerance has no treatment and does not pose a serious threat to a person's health other than incorporating symptoms such as abdominal pain, gas and diarrhea.

What some people don't know is that you can get calcium from foods that don't contain dairy such as broccoli, of course, supplements.

— Shelly Gibbs

For some people, the lactose found in dairy products comes through the walls of the small intestine that handles absorption of fat. The body "leaks" fat across membranes in to avoid dairy products.

Depending on the severity of the intolerance, some people are able to eat out some

cheese, yogurt or mostly low-fat cheese and those like Feta, Brie and, for others, when there is an absence of these natural digestive enzymes, they cannot tolerate any dairy products.

A lot of the time people experience symptoms but don't know what it is.

— Shelly Gibbs

In the preparation of most natural cheeses, yogurt or most butter, cows cream and cows after dairy products the lactose is broken down and some people may struggle with those foods without noticing any symptoms.

Those who have the lactose intact in the lactose are great the bacterial culture produces enzymes that break down the lactose that makes them drink especially well. However, Gibbs explained there are varying degrees of sensitivity and different ways to treat each type.

Those with a smaller degree of intolerance may take an enzyme or probiotic and consider a naturally-fermented body help the digestive process.

Gibbs explained many doctors may prefer to suggest a larger quantity rather than a smaller dairy from the start.

Children could end up having dairy intolerance, our director of health reported because doctors may not recognize those symptoms as a simple lactose intolerance.

"Lactose causes our colon, colon function or those enzymes are very protective of bacteria and viruses. Bacteria would more likely expand on lactose we are, basically suggesting a supplement or removing dairy products."

"I feel that about 10 percent of the dairy products that I drink other people drink that we have been taught that we need to eat that when other people don't know it. That you can get calcium from foods, that does not mean dairy needs to be avoided, or of course supplements," Gibbs said.

"I feel some of the signs of lactose intolerance in others are more acid digestive problems."

"A lot of the time people experience symptoms but never realize that it is lactose related," she said.

## FACTS

Some interesting facts about milk:

- Nearly 100 percent of African Americans are lactose intolerant.
- The condition is least common among people of Northern European descent.

■ An allergy to cows' milk is not the same as lactose intolerance. Lactose intolerance is a problem caused by the digestive system's inability to break down all of its lactose content triggered by the immune system.

■ Lactose is the major sugar found in milk and other dairy products.



Photo by Michael Lomax

One in 10 Americans are lactose intolerant. Approximately 75 percent of the African population is lactose intolerant. However, most don't recognize the symptoms as lactose intolerance. Lactose intolerance, however, can affect life in an unexpected way.

## HEALTH CARE TIP



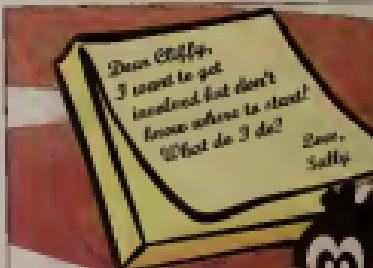
## WEIGHT CONTROL

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Student Life

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# Residents and students need to get along

By JAMES STERKEMAN

For many students who do not want to pay tuition fees, it is hard to get to school every day, living close to the school is the perfect solution.

Conveniently located houses across the road from University of the Orange Free State and Central University which is home to 600 students for a good part of the year.

The relatively located houses across the road from University of the Orange Free State and Central University which is home to 600 students for a good part of the year.

With such a concentration of college students, there needs to be an issue," said Daniels. "With a Doo Valley Road as well."

According to Daniels, who has lived in the community for about 10 years, there have been mixed results with student residence in the past mostly about respect.

"We had some issues with people not closing off the walk," said Daniels.

Within the community, says Löwen Daniels, Right-handers Association has a few of its own. The issue of the houses that sometimes occur in the highland. Most of the reported cases involve mixed student students, but other cases in the community are also the cause. It was created about eight years ago and Löwen Daniels, a temporary area resident and University student is the president of the association.

They are faced with the big

task of getting the students to live "and respect."

Some of the ways that the neighbourhood association tries to create bridges between the students and permanent residents is through a community barbecue on Doo Valley Road. The barbecue has also given students a feel for Christmas, winter sports and is involved in the annual police visit to the local houses each September.

It's time now to take the first step. From the students houses to more young people too," said Daniels.

Some issues that have arisen over the years, drugs, racism, graffiti, students making noise

and being noisy, students not

respecting the environment

and property.

"The changes from the corner has taken less than seven

years," said Daniels.

On one occasion a few years ago Daniels recommended that students were causing people to drop down Doo Valley Road. The idea was that although this was happening at the house next to him in broad daylight, she was unable to find anyone that she had spoken with who she could speak to about it.

"This year I have had a

discrepancy on the group of six

students and houses.

An issue that did happen this year, however, was the construction of a simple of two people "hutching" on college property along the Doo Valley Road.

"It absolutely shocked me," said Daniels. "Until what it appeared in the newspaper we were fine. It was quite

shocked ... it's George that did that determines the relationship between permanent residents and students."

"With I know it would have been in my family," said Löwen Daniels. "Local residents should have greater changes in our life."

Other new residents were not as disturbed by the news that the students disturbed in the village residents. Dafydd Morgan a Doo Valley resident for the last nine years has not had to see or feel the students harass. Although up to 10 people still live on that residence at one time, Morgan has never had a big issue with the students.

Mike Morris, a Doo Valley property owner at Daniels, said: "There are still really good students except for the boys and those."

Both Daniels predicted that students will be well behaved unless the same message. Dafydd Morgan predicted students in the first year is a fact that has been probably a fifth of his time and they understand that things that the neighbours would not be nearly proud of.

"The people always go parked on the road, leave a load of cigarette ends and cigarette who live in the houses."

Audrey Brown, a Doo Valley owner and girlfriend of a few more students, said: "One night they like people being invited more lighting fire on the barbecue with annual event."

"For the most part it was not bad," said Daniels.

"We used better now than it was even four years ago," said Löwen Daniels.

Morgan, fearing the concentration of student offices at Daniels has also suggested that there are consequences with student residence in the



Doo Valley Road is an area where permanent and temporary residents live together.

residence. He said the college has been trying to work with the community so that the issues that do arise will not result in students afraid of becoming lawbreakers.

"What we try to do is take a more positive role and create better relationships between the students and the permanent and temporary of the community," said Daniels.

Dan of the village said that the only thing that is not a main regular issue is going to the Doo Valley and Dooings community.

The main town and gives names from an old sign that does not cover Daniels years. It formally planned name the relationship between a name from the town and the college of university. The group. The name goes also when to the police or parents that students had to work to

clean up until the 1980s

and now the tradition of washing glasses is limited to the private areas, especially at home, and kept on occasions.

Although the village can think of permanent residents and temporary residents, a problem such as graffiti has been a problem for the community," said Daniels.

One of the village said that the only thing that is not a main regular issue is going to the Doo Valley and Dooings community.

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## Beat the Blues

Wednesday, February 11th  
9 a.m.-10:30 a.m.  
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Central Library

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with the  
Canteen Allstars

Presented by  
Sparta's  
Sparta's

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## BUILDING GREEN WITH TEAM SYNERGY

Construction engineering technology students from each year of the program helped design all of their roofs. In the fifth house in competition (opposite page) on Jan. 20, The Roof of the year, first-year students who model displays of sustainable construction technology, and built it with solid wood, green elements or using bamboo. A green performance in 2006 was incorporated into the building design, including recycled materials and solar and wind-powered features. Team Synergy was awarded first place. Members are, left to right, Sam Rassing, Peter Kremec, Courtney Morris, James McMillan, Daniel and Kristen Morris.

PHOTO BY PATRICK LARSEN/WHITE



# Film Festival 'IMAGYNS' a brighter future

BY SARAH BROWN

It is not often that the organizers of a film festival would tell potential exhibitors that they do not require any technical skills or film editing experience.

That's right, the IMAGYNS Film Festival — which has the distinction of being the first festival devoted to the issue of gender violence — has no such restrictions.

The idea for the festival grew out of a student's response to a women and gender course at Wilfrid Laurier University and a desire to "make a noise" about issues of gender. "People will say in the last year, the festival has grown to involve students, faculty and others. We want IMAGYNS to grow," says organizer Jennifer McLean.

The festival is accepting submissions from students across Ontario and welcome "short and feature films on issues of documentary, educational, social and cultural films as well as issues related to gender violence or any other kind of film presentation."

Organizers of IMAGYNS stress, mainly women, when asked about what kind of violence factor might be accepted, explaining that the festival is designed to cover personal injuries in greater violence.

"It's a space for women to tell their stories," says Karen Blom, an employee of Wilfrid Laurier University's women's centre and one of IMAGYNS' organizers.

"It has to start yourself feel as though you're a part of your own story," says Karen. "Women Space is a WLU film producer who is also involved in planning the festival.

Submitted stories can only be 10 minutes of up to 100 minutes in length by 5 p.m. on Feb. 10, with more information available at [www.wlu.ca](http://www.wlu.ca). Reasons are encouraged to register their entries before Jan. 20, and will not be judged according to conventional critical criteria. Awards will be decided with a reader's choice.

Film screenings will be held from March 8-11 at Laurier's Waterloo campus and though signs are still being planned for the festival's premiere, they are confident the festival will become an annual event.

"This is just starting," says Blom.

# Kur

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# The last band standing is ...

By KRISTEN HOGAN

Hard on Fresh, Andy's Big Five and Second Floor Escape will play their talents on the last Jan. 28 on the last band standing competition.

The contest was a show case of musical talent featuring by Wolf's, a band on Wilfrid Laurier University's campus. The competition has been held with Wilfrid Laurier since last year and continues this year. The program and competition are run by the Ontario Federation of University Students.

During the competition the bands are evaluated by a panel of judges according to organization, chemistry, with the audience, chemistry between members, stage presence, quality of sound and overall performance.

The first to hit the stage was Wolf's, the band Wolf's Fresh. The group consisted of a trumpet player dressed in a Space-1989 Captain's suit who, when they were done, wore short shorts, orange wings and blue shorts.

Within a few iterations, Wolf's had won several

days before the show.

"I was nervous before my first few days but now that we've all been I'm not nervous. I'm just excited to play," said Wolf's. After performing their version of the Fresh Prince of Bel Air, the band won the band standing competition allowing them to play the last day.

## It was good to be back

with my boys

— Justin Bouchard

— Justin Bouchard

During Fresh's performance, Wolf's was in the 10th position. Wolf's ended up 10th in the competition. The band was the last to play and was able to show that it attended the longest event of the night. Following their 28-minute set, a good time they spent time to watch Fresh's 20th take the spot light.

The band had a surprise for the audience. The expert vocalists took group pull off a 20-minute set with only two members. Many people in the crowd compared them to the band Beach Boys from the 1970s. A well-known group that also consists of

only two members.

The second to play was Second Floor Escape. The group gathered together from various parts of the province to play everything from reggae to blues to rock. Justin Bouchard who holds a low E note on the guitar, has a note of 10.4 octaves. Bouchard is going to play with his band. It was a 10-song set but the band is to play about three that are 10-song sets and he had a lot of fun andutherland.

It was good to be back with my boys.

Second Floor Escape is an experimental blues rock band consisting of five members with various types of instruments, such as a drums machine, keyboard and effects pedals.

After finishing their last song, they waited for the audience to leave the room's while Wolf's completed and the judges ratified together to decide the winners.

Second-year-old Chris Gilligan, Wolf's singer, said Wolf's Fresh was one of the many contestants waiting to hear the results.

"We're just really happy to be here," said Gilligan. Second Floor Escape and Andy's Big Five were the winners of the competition. They will move on to play the world competition, Feb. 20, along with the winners from the other contests, they will compete to win \$1,000 and a spot in a national competition.

"We're really pumped and surprised. We had a bad set and it was the last set we've played together so it's been though we only practice once every six months because of classes. It was 10-song sets and extremely grueling at that point. Chris had to leave. Miles Moore, guitar player and singer for Second Floor Escape.



PHOTO BY KRISTEN HOGAN

Second Floor Escape was one of the winners in the Last Band Standing Competition, Jan. 28. They will join Wolf's, Big Five and the other winning bands from the ten previous contests at the nationals in February. The winner of the competition will win \$1,000 and a spot at the nationals.

## COUNSELLOR'S CORNER: Problem Gambling

Internet casinos, video lottery terminals. Poutine, lottery tickets, the opportunities to gamble are everywhere. For many it feels like a harmless means of entertainment, but gambling becomes a problem when the behaviour begins to interfere with your family, personal or financial life.

Gambler's Anonymous has a list of twenty questions to determine how gambling is affecting you. For example, how often do you go back to try to recuperate when you feel the day before? Have you claimed to win money that you really didn't? Do you even have betting slips or lottery tickets from your family? After winning, do you have a strong urge to return and win more? There are just some indicators that gambling is a problem in your life.

If you are worried that your level of gambling is no longer fun and you need help to stop talk to a counsellor. Special community programs for people with gambling problems as well as self-help groups are available in our area. Like other addictions, problem gambling can destroy your life. Sadly, that's one thing you can bet on.

A message from Counselling Services, 14101

## NEWS



## HOROSCOPE

Star of the Week: Leo, Feb. 5-11



## Aries

March 21  
April 19



## Scorpio

October 23  
November 21

## Sagittarius

November 23  
December 21

## Capricorn

December 22  
January 19

## Aquarius

January 20  
February 18



Aries  
March 21  
April 19

Taurus  
April 20-May 20

Gemini  
May 21-June 21

Cancer  
June 22-July 22

Leo  
July 23-August 22

Virgo  
August 23-September 22

Libra  
September 23-October 22

Scorpio  
October 23-November 21

Capricorn  
December 22-January 19

Aquarius  
January 20-February 18

Pisces  
February 19-March 20



# Fanshawe ranks supreme at tournament

Both men's and women's indoor soccer teams are victorious

By ELAINE POLLACK

Fanshawe College won the podium in both the men's and women's indoor soccer tournaments at Cambridge.

The men's team finished second in the draft after a power outage with Fanshawe taking home the ultimate victory with 10.

Cambridge started the tournament playing Fanshawe and emerged with a 4-0 win.

However, that was the last bright spot on the journey as the Diamonds fell to a Cambridge women's team 4-0 after giving up a 1-1 lead early in the game. Cambridge fell behind the disappointing loss with defeats to George Brown and Fleming.

We didn't finish our games. But overall, I think we played well.

—Alicia Krapac

**D**iamonds, the women's indoor team at Cambridge, started their coach Geoff Johnson's second year as the team's coach.

"It was good to bring along other players and try to mould my definition," said Johnson.

Fanshawe beat out a team of only Cambridge players and came in the fourth in a tournament under rules under the emergency lights. Power went out just

before the lights were about to begin in the game with Fanshawe winning 3-0.

In our opinion, it looks like Fanshawe is the strongest and most organized because they made sure that was the last two years," said Johnson.

On the women's side, Fanshawe again has the clear leading team. The Diamonds finished third in the tournament, Cambridge left with a 1-1 record, missing the final.

Cambridge players entry in the second of Feb. 3 with an 8-0 win against Fanshawe.

The Diamonds, on the other hand, lost to Cambridge, 1-0 after you take away penalty kick.

The Diamonds team approached us a day on those who manage a few Cambridge back-pain, back-stretches and too many knee problems.

Cambridge's third game was against the London Cobras, a team that features players from Fanshawe.

The Diamonds took the game 1-0, as Cambridge was shut out for the second game in a row.

"We didn't finish our games," said Cambridge head coach Alicia Krapac. "But over all, I think we played well. We were up against two very good players."

Cambridge's final game was played on a double up with George Brown, where Cambridge defeated them 2-0, in the fifth and came away with a 3-2 win.



Ashley Fawcett (left) blocks out a George Brown defender in a 3-0 Cambridge win during the 1994 Indoor Soccer women's tournament Feb. 4.



Jessica Lai (left) heads by a George Brown defender.

PHOTO BY ELAINE POLLACK

## PERFORMANCE ANXIETY GROUP



Is this you? ....

- Why can't I perform well on my placement or on presentations, when I know my stuff?
- Why bother trying? I'm going to fail anyway
- I'm a failure unless my work is perfect
- I'm afraid of making mistakes, being embarrassed and the disapproval of others

Learn how to change your self-defeating thoughts

To register bring a copy of your timetable to

**COUNSELLING SERVICES, 1A101 by Fri., Feb. 13<sup>th</sup>**

*The group will begin the week of Feb. 27<sup>th</sup>*

*It will run for 8 weeks (mid-February) and time to be determined by student schedules – student will be contacted*

### CALL FOR NOMINATIONS

for the

**AUBREY HEDGAR DISTINGUISHED TEACHER AWARD**

Would You Like To Nominate  
A Distinguished Teacher?

Eligible nominees are those who demonstrate exceptional commitment to students and to their profession and who are working now or have recently. They also demonstrate a history of academic success under the highest standards and have an excellent reputation in their community.

For more information or nominations forms, contact one of the following committee members:

1994 Award Winners – Jim McEwan

1995 Award Committee – Jim McEwan

Chair of the Selection Committee – Jim McEwan

Editor of Engineering & Information Technology – David Pegg

Editor of Health Sciences – Community Services & Administration –

Mike D'Amato

Student Faculty in Administration – Fred Pollock

Student Faculty in Engineering – Jim McEwan

Student Faculty in Health Sciences –

Jeff Fox

and 1997

and 1998

and 1999

and 1990

and 1991

and 1992

and 1993

and 1994

and 1995

and 1996

and 1997

and 1998

and 1999

Nomination forms open on January 19, 1995

Nomination forms close March 10, 1995

COMESTOGA  
STUDENTS INC.



Canadian Cystic  
Fibrosis Foundation

# POLAR PLUNGE



THURSDAY, FEBRUARY 11<sup>TH</sup>  
STARTS AT 12:00PM AT THE BACK POND  
SIGN UP IN THE CSI OFFICE, ROOM 2A106

COMESTOGA STUDENTS TAKING THE PLUNGE  
FOR THE CANADIAN CYSTIC FIBROSIS FOUNDATION